



Goju Ryu Shimbukai

BLUE BELT FACT SHEET



1. SHOW YOUR KNOWLEDGE

You have begun your journey as an advanced karate-ka, it's important that you start to bring your knowledge forward.

2. PERFECT YOUR TIMING

You should be showing improvement in your timing, and your power output.

SET GOALS

The time between Blue and Red belt is longer than all previous belts. Have goals that you are working towards.

As karate is a Way of Life. You can set goals for your health, your attitude, your personal life, work, schooling, family etc.

3. FASTER HIP ROTATION

Focus on dynamic hip rotation.

Some of these include:

- Adding power to your techniques.
- Adding reach to your techniques.
- Adding speed in-between stances.

Aim to use dynamic hip movement in your strikes and rapid retraction of the hips immediately after the strike.

4. INTRODUCE MORE COMBINATION ATTACKS

We recommended only two techniques combinations on Yellow Belt. Now try 3,4 or 5 techniques and this will help you to develop muscular strength and speed, coordination and confidence.

5. GO-NO-SEN (BLOCK AND COUNTER):

Your block must be successful, so keep developing:

- Timing
- Quick technique (free of any excess movement)
- Quality zanshin (continued state of awareness)

This technique will take years to develop but is highly effective in self-defense.

6. DEVELOP YOUR IBUKI (BREATHING)

Students often get tired very quickly. The problem is not be their fitness, but because they are holding their breath.

Combination attacks and defenses are generally where students tire themselves out through poor breathing.

They will either:

- Hold their breath through an entire combination (of attacks or blocks).
- Breathe out deeply on each and every technique.

The key is to expel very small and light breaths through a combination, so that the total of each breath would add up to one regular breath with a single technique.

